

Swim England London Region Open Diving Skills Competition 2023

Dear Diving Clubs,

You are invited to the Swim England London Region 'Open' Diving Skills Competition 2023 to be held at the London Aquatics Centre, Queen Elizabeth Olympic Park, Stratford E20 2ZQ on Saturday 22nd April between 10:30* and 17:00. (**start time may be subject to change, with an earlier start possible depending on final availability. Notification of any change will be made at the earliest available opportunity*).

This is a Level 2 diving competition where competitors have the opportunity to try to achieve their qualification standard for this year's National Skills Finals to be held at the John Charles Centre for Sport in Leeds on 15th – 16th July.

The conditions are on the following pages and incorporate any changes introduced for this year's National Skills Finals. Please read carefully and contact me if you have any questions.

The competition will feature the following events for girls and boys: Group E (8/9 years), Group D1 (10 years), Group D2 (11 years), Group C1 (12 years), Group C2 (13 years), Group B+ (14/15/16 years) and Group A (17/18). Subject to space, there is no restriction on the number of entries per club. The top two divers from each London club in each event will earn points towards the George Rackham Team Trophy.

The entry fee is £17.50 per diver and the entry closing date is Friday 7th April. Subject to space, late entries may be accepted at the organisers' discretion at £30 per diver. Clubs attending are required to provide competent J1 or J2 qualified judges to ensure the meet runs fairly and smoothly. Guidance on judging this competition will be given at the technical meeting before the meet starts. Dive sheets must be entered on DiveRecorder by 18:00 (6pm) on Friday 21st April.

Medals will be awarded to the top three girls and boys in each event. As this is an open event there is only one set of awards/results. There are no separate, individual medals for London and other regions' clubs.

If you require any further information, then please do not hesitate to contact me.

Regards,

Joshua Devine
Regional Diving Committee Chair
Swim England London Region
E-mail: josh.devine@londonswimming.org

www.swimming.org/london



Swim England London Region
Open Diving Skills Competition 2023

Ages recorded on 31st December in the year of competition

Group E – 8/9 Years
Group D1 – 10 Years
Group D2 – 11 Years
Group C1 – 12 Years
Group C2 – 13 Years
Group B+ – 14/15/16 Years
Group A – 17/18 Years (see attached update sheet)

Age Category	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
E, D1, D2	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	Group E 240
		2. Armswing back jump tucked	200C	1.0	
		3. Forward dive tucked	101C	1.0	
		4. Armswing forward jump piked	100B	1.0	
	Section 2 (1m)	5. 2-bounce forward jump straight	100A	1.0	Group D1 255
		6. T armswing back jump straight	200A	1.0	
		7 – 8. 1 dive from list A and 1 dive from list B (in any order)		DD to count DD to count	
	Section 3 (3m)	9. Forward fall straight	10A	1.2	Group D2 255
		10. Forward tuck roll to pike out	10C	1.2	
		11. Back fall straight (hands on thighs)	20A	1.4	
		12. Crouched back tuck roll	20C	1.3	

List A

101C, 101B, 103C, 103B, 401C, 401B

List B

Standing back fall straight 20A (1.0), 201C, 201B, 301C, 301B

Groups E & D – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-start armswing

Age Category	Height	Skills	Dive No	Degree of Difficulty	Qualification Standard
C1, C2	Section 1 (Poolside)	1. Plain header (3-bubble rip)	101A	1.0	Group C1 270
		2. Armswing back jump tucked	200C	1.0	
		3. Forward dive tucked	101C	1.0	
		4. Armswing forward jump piked	100B	1.0	
	Section 2 (1m)	5. Hurdle step forward jump straight	100A	1.0	Group C2 270
		6. T armswing back jump straight	200A	1.0	
		7 – 8. 1 dive from list A and 1 dive from list B (in any order)		DD to count DD to count	
	Section 3 (3m)	9. Forward fall straight	10A	1.2	
		10. Forward tuck roll to pike out	10C	1.2	
		11. Back fall straight (hands on thighs)	20A	1.4	
		12. Crouched back tuck roll	20C	1.3	

Group C – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-start armswing.

Age Category	Height	Skills	Degree of Difficulty	Qualification Standard
B+	Section 1 (1m)	1 – 5. Either 3 dives from list C + 2 dives from list D OR 2 dives from list C + 3 dives from list D (in either case, at least 2 groups must be covered from each list)	DD to count	Group B+ 250

	Section 2 (3m)	6 – 10. 5 dives from list E (at least 3 groups must be covered)	DD to count
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List C (1m)

101C, 101B, 103C, 103B, 104C, 401C, 401B, 402C, 403C – repeats permitted (1.0) *

List D (1m)

201C, 201B, 301C, 301B, 5221D, 5122D, 202C, 203C – repeats permitted (1.0) *

List E (3m)

101C, 101B, 103C, 103B, 105C, 401C, 401B, 403C, 403B, 201C, 201B, 203C, 203B, 301C, 301B, 303C – repeats permitted (1.0) *

Group B+ – Optional Dives

Forward and reverse dives are to be performed with either a standing T-start armswing OR a 2-bounce start OR with a hurdle step.

All back take-offs are to be performed with a T-start armswing.

Inward dives may be performed starting with the arms above the head (no armswing) OR a T-start armswing.

*Dives of the same number are considered to be repeats, even if they are in a different shape.

E, D and C are run in a “circuit” format with groups of competitors simultaneously competing on 1m, 3m and poolside, enabling 12 skills to be completed in the same amount of time as 4.

B+ is run in a “circuit” format with groups of competitors simultaneously competing on 1m and 3m, enabling 10 dives to be completed in the same amount of time as 5.

The winner is the diver with the highest combined points total from ALL stations added together.

Entry Form

Please complete the entry form and return it by e-mail no later than Friday 7th April. Do not be late with your entries as this will incur a £30 late entry fee.

Entry forms must be e-mailed to Joshua Devine (*London Region Diving Committee Chair*) at josh.devine@londonswimming.org and CC enquires@londonswimming.org

Entry Fees

The entry fee is £17.50 per diver and should be paid at the time of entry. Note that late entries may be accepted – but only if there is enough space (*organisers’ decision is final on this matter*). Divers will be withdrawn 30 minutes before the start of their event if their fees have not been paid beforehand. All payments should be made by BACS transfer using the following details:

Account name: ASA London
 Bank: HSBC
 Sort code: 40-20-09
 Account number: 41469932
 Reference: DVGSkills + your club name

Dive Sheets

All dive sheets must be submitted via DiveRecorder by 6pm on Friday 21st April. Dive sheet changes will be allowed up to an hour before the start of each session. Mini dive sheets will be available at poolside on the day to be signed by either divers or coaches.

The Competition

The meet will be run under Swim England Regulations and the World Aquatic (formerly FINA) Technical Rules of Diving.

Eligibility / Ineligibility

Divers must be Swim England 'club compete' Registered. Once a diver has competed at the National Age Group Championships, they are ineligible at future National Skills Finals, except with prior written approval from the Swim England Diving Leadership Group when moving into Group B+. Swim England Team Z divers are ineligible. Divers must achieve the qualification standard at a regional skills qualifier in the same year as the National Skills Finals. Divers who have competed at regional age groups are ineligible to compete at the National Skills Finals in the same year. Divers who have achieved the Swim England National Age Group Championships performance standard at a regional or open club event on any board in the same calendar year as the National Skills Finals are ineligible to compete at the National Skills Finals whilst in that age category.

National Skills Finals Qualification Standards

Please see the conditions above for this year's National Skills Finals qualification standards.

Timetable / Training

A provisional timetable will be circulated after the entry closing date.

Technical Meeting

A brief technical meeting for all coaches and clubs will be held on poolside before the start of the first session. We ask that each club is represented.

Judging

Each club must provide at least one qualified J1 judge. All stations will run with 3 or 5 judges. A judging rota will be compiled at the competition. We want to be flexible with the judging allocation, so if you wish to swap with another club then that is acceptable – but only if you can find someone competent to swap with. Please note that the London Region judge selection for the National Skills Finals will be made from the judges at this regional qualifier.

Discretion

The chief referee's decision will be final on any decisions regarding queries, discrepancies or protests specific to this meet. As this is a Level 2 competition, we will try to be lenient and err on the side of the divers when taking decisions.

Results and Presentations

Due to time constraints, there will be no diver parades. Results will be announced in reverse order and medals presented directly after each session. Please remind divers to wear their club kit when receiving their medals. The awards will be presented by a dignitary representing the London Region or the winning diver's coach.

The London Team Trophy

The top two divers from each London club, finishing in the top 12 in each event, shall score points towards the team trophy.

Team points shall be awarded as follows: 1st – 20 points; 2nd – 15 points; 3rd – 12 points; 4th – 10 points; 5th – 8 points; 6th – 7 points; 7th – 6 points; 8th – 5 points; 9th – 4 points; 10th – 3 points; 11th – 2 points; 12th – 1 point.

Total (BACS transfer to London Swimming)				

